

Common allergens you will be tested for:

Grasses

Bermuda, Bahia, Johnson, Timothy, Red Top, Meadow Fescue, Orchard, Perennial Rye

Weeds

Cotton Seed, Dog Fennel, Cocklebur, Goldenrod, Lambsquarter, Rough Marshelder, Common Mugwort, Rough Pigweed, English Plantain, Western Water Hemp, Sheep Sorrel, Lenscale, Short Ragweed, Giant Ragweed, Western Ragweed, Russian Thistle, Dandelion, Firebush
Kochia

Tree

Hickory, Bald Cypress, Hackberry, White Mulberry, White Birch, Boxelder, Mountain Cedar, Cottonwood Eastern, American Elm, Pecan Pollen, Mesquite, Virginia Live Oak, White Pine, Red Cedar, Western Juniper

Molds

Alternaria Alternata, Aspergillus Fumigatus, Candida Albicans, Rhodotorula Mucilaginosa, Cladosporium, Penicillim, Plumbeus Mucor, Yeast, Trichophyton
Mentagrophytes, Gibberella Pulicaris

Other

Cockroach, Dust Mites, Cat Hair, Dog Epidermal, Feather Mix, Horse Dander

Other allergens can be tested for if suspected.

*Should you be tested for **ALLERGIES?***



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Allergy Testing

If you have a stuffy or runny nose, watery itchy eyes, trouble breathing, itchy skin, or break out in hives, you may have an allergy. Allergy tests can help find out if these problems are caused by an allergy and which things you are allergic to. That way you can stay away from the things that trigger your allergic reaction. There are skin and also blood tests to check for allergies. The most common method is the skin test. With a special device containing a drop of testing fluid, the skin is lightly pricked on the back. You will feel a sensation, but it doesn't hurt a lot. After 15 minutes, the test is checked for redness and swelling indicating if you have an allergy. The test fluid contains a specific substance that is common to this area. There are 60 allergies that are tested for which are listed on the back of this pamphlet. There are numerous medications available both over the counter and with prescription that work for some allergies. However if you are using medications on a frequent basis, find that they can't control your allergy symptoms well enough, or have difficulty tolerating them, you might want to have an allergy test done. Allergy testing is a good way to make sure that your symptoms are really caused by allergies, if not then other causes can be looked for. If you find that your symptoms are not controlled well enough with medications or by avoiding the substances that you are allergic to, then you might want to consider an allergy test to see if allergy shots to cover all your allergies are a better alternative.

Allergen Immunotherapy

Allergy Immunotherapy is commonly referred to as "allergy shots". Allergy shots contain small amounts of the things that you are allergic to. Things you are allergic to are called Allergens. Your allergens are found by the allergy test. Allergy shots can contain up to twelve allergens. If you are allergic to more than twelve things, a second shot can be done at the same time. The dose of the serum starts very low and is slowly increased each week. If you miss a week then you will be kept at the same dose as the previous week. There are a total of 25 increases until a maintenance dose is reached. The maintenance dose is given once a month and usually given for 3-5 years. The goal is to increase your immunity (resistance) to the allergens, and reduce your allergy symptoms. The shot is given in your upper arm, alternating between both sides. Following your shot you will be asked to wait 20-30 minutes in the office so you can be observed for any possible reaction. Serious life-threatening reactions are rare and most often occur within 20-30 minutes while you are still in the office. Mild reactions that you may have are mild redness, swelling or itching at the injection site that usually goes away in a few hours. If needed, an ice pack may be applied or an antihistamine like Benadryl can be taken. If this reaction gets too large or lasts too long, then your dose will not be increased until the current dose is well tolerated.